

Want to break the habit on January 1st?  
We can help you get there.



Every New Year, **“quit smoking”** is a top resolution for hundreds of thousands of tobacco users. Unfortunately, only a small percentage succeed.

When you enroll in the Quit For Life® Program, your chances of success are much greater than going it alone. We'll get you ready to quit with knowledge, tools and support, including the **“4 Essential Practices to Quit For Life.”** And we'll be there for you beyond your quit date--to make sure your resolution comes true, for life.

**It's FREE. It's confidential. It works.**

**1.866.QUIT.4.LIFE** (1.866.784.8454)

**[www.quitnow.net](http://www.quitnow.net)**

## **“4 Essential Practices to Quit For Life.”**

- ☒ Quit at your own pace.
- ☒ Conquer your urges to smoke.
- ☒ Use medications so they really work.
- ☒ Don't just quit, become a non-smoker.



**Quit For Life®** Program

The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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